Fitness Testing Tracking Form:

Activity Term 1 Term 2 Term 3

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| **12 minute run**  (Endurance) |  |  |  |
| **Standing Long Jump**  (Explosive Power) |  |  |  |
| **Sit Ups**  (Endurance) |  |  |  |
| **Shuttle Run**  (Quickness) |  |  |  |
| **Sit and Reach**  (Flexibility) |  |  |  |
| **Plank**  (Core Strength) |  |  |  |
| **Step Ups**  (Endurance) |  |  |  |

**Term 1:** What can I do to improve my results? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Term 2:** What are my goals for each of the activities and how can I accomplish them? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Term 3:** Was I able to accomplish each of my goals? Which of my fitness results am I most proud of?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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